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# Parent Focus

February 2006

## Long-Term Care Options

*Compiled from information submitted by Tracy Allen, Chokaio Benton, Becky Brozovich, Susan Cato, Alesia Cozart, Toni Dautenhahn, Robin Gruber, Sara Lewis, Teresa Nutting and Nancy Simpson, Home School Coordinators*

Where is your child going to live after graduation from the State School? This is one of the many questions you will face as you plan for your child's future. Many parents assume their child will continue to live at home. Case managers also emphasize keeping children in the home as long as possible due to inadequate funding for long-term care. However, seeking long-term placement outside the home may be necessary for some families due to the child's behavioral needs, the parents' ages, or other medical or physical challenges.

The IEP team at school will begin discussions about transition planning when your child turns 16 or earlier if necessary. As your child moves closer to graduation, the team will continue to reassess the need for long-term placement, especially if circumstances change.

### Finding a long-term placement

- Almost all placements are accessed through one of the 11 Missouri regional centers.
- If your child does not already have a service coordinator, visit your local center or satellite office and complete the intake process.
- Indicate that you are interested in long-term placement when your child is an adult. This will be written into your child's person-centered plan.
- Maintain contact with the service coordinator periodically to ensure your child's file stays active.
- In some locations, the county developmental disabilities services board may also provide referrals to placements.
- The waiting time for a placement can range from one to seven years. If long-term care is a possible need, put your child on the necessary waiting lists when he or she is 18 years old.
- When a vacancy opens, you do not have to take it unless you are ready for the placement.
- Being on a waiting list gives your child a chance to be bumped higher on the list if an emergency arises or your child's condition deteriorates.

### Types of available facilities

- These include residential facilities, group homes and supported-living apartments.
- The number of residents in each location varies from as low as two to four people in supported living and group homes to more than 100 people in the largest residential facilities.
- Facilities differ in their admission requirements. They can be limited to a specific age group or gender, to those using wheelchairs, to those who can walk, or to those who can self feed or have other abilities. Some also cater to specific behaviors.
- These facilities are located across Missouri, and a child might be placed a significant distance from home in some situations.
- After placement, the resident may stay in the initial location for the remainder of his or her life, or the resident might move to other placements as his or her needs change.

### Activities available in a residential facility

- These are based on the skills of the resident. If the person is still eligible for State Schools, that placement will continue until graduation. If the group home is outside the current school's catchment area, then the student will transfer to another State School location or to another school that offers appropriate educational services.
- Young adults have opportunities to work in sheltered workshops and other supportive ➔

## RESOURCES

For addresses and phone numbers of the regional centers and their satellite offices, call **(800) 364-9687** or visit their Web site: <http://www.dmh.mo.gov/mrdd/help/regions.htm>.

For information on the counties with **Developmental Disabilities Senate Bill 40 Boards**, visit their Web site: [http://www.macdds.org/county\\_info.html](http://www.macdds.org/county_info.html).

If your school has a home school coordinator, he or she can discuss local options and help set up appointments for you.

employment, or they might attend a day program.

- Residents also shop, take trips to parks and museums, attend church, go to the movies and attend other general outings.
- All facilities allow parents to take their child home for weekends or holidays. Parents should check with their child's facility about specific rules for absences. In general, most allow parents to take their child for up to 30 days before the bed is lost.

### Funding for long-term care

- For a child under 18, funding is usually covered by Medicaid. For a few families, a co-pay might be requested based on family income.
- When the child reaches 18, he or she is entitled to claim Medicaid and SSI in his or her own right. If the child does not live at home, family income will not be assessed in calculating eligibility. Even if the child is at home, only a portion of the parents' income is counted in determining eligibility. In almost all cases, the child meets the criteria at 18 and is eligible for the Comprehensive Medicaid Waiver that funds residential and group home placements. Parents should put their child on the list for a waiver slot since funding for these waivers is limited.
- Once the person is placed in a facility, his or her income is taken by the residential facility, and a small amount is returned to the person each month to cover personal needs.

### Preparing your child for the move to a long-term facility

State School staff and parents work together as a team to prepare the student for adult life. The following skills are very helpful for transitioning to a long-term facility, and parents can work on these skills at home and in the community:

- self-help skills (feeding, washing, dressing, etc.)
- choice-making
- being independent (able to clean up, pick up clothes, initiate leisure activities)
- ability to communicate needs (being able to indicate a need to use the restroom even if unable to use it independently or still in diapers)
- ability to access the facility by walking or using a wheelchair (without help)
- social skills (able to tolerate being around others most of the time – there is little privacy in a group home or facility setting)
- minimal disruptive behaviors – the child has learned to use positive ways to communicate needs.

A lack of these skills will not prevent your child from being placed in a facility, but it might reduce the number of facilities that can cater to your child's needs.

### When placement is imminent

- Explain to your child what will be happening.
- Visit the facility and discuss your child's form of communication. This is to ensure your child will be more easily understood and experience less frustration.
- Adjust your child's schedule if possible to match what he or she will find at the facility. This will make the transition easier for your child. ➡

## Parent Focus

February 2006

State Schools for  
Severely Handicapped  
P.O. Box 480  
Jefferson City, MO 65102-0480

Barbara Stevens,  
Interim Superintendent



*The Department of Elementary and Secondary Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Inquiries related to Department programs may be directed to the Jefferson State Office Building, Title IX Coordinator, 5th Floor, 205 Jefferson St., Jefferson City, Missouri 65102-0480; telephone 573-751-4581.*

*Information concerning other available resources, programs, etc., is not to be construed as an endorsement by State Schools for Severely Handicapped for any specific product, organization or philosophy.*

## Tips for parents

- Don't procrastinate on this decision – graduation arrives sooner than you think. Complete the intake process with the regional center or other local agency, and put your child on the waiting list for a placement earlier than you think is necessary.
- Call and visit a number of placements that accept residents with your child's abilities and needs. (Your service coordinator may be able to arrange the visits for you.) See what the facilities offer and decide which would be the best fit for your child.
- Ask questions about the staff-to-resident ratio, the daily routine, etc. This will give you information to share with your child's service coordinator about your preferences. It might also reduce some of your anxiety about this future step.
- With a clearer idea of what to expect, you will be able to make an informed decision based on your child's needs, strengths and talents.
- Find out if you can speak with parents of other residents in the facility to see how they like the placement. This can

calm any concerns you might have that your child might be subject to a lack of care or to abuse.

- Check to see if your child is still on the waiting list in the interim years. Paperwork could get lost, and it would be frustrating to discover you need to repeat the paperwork and your child must begin the waiting period again.
- If you are your child's guardian, this will not be altered by the long-term placement. You will still be able to make decisions for your child.

## Deciding on long-term placement can be a difficult decision

- Parents need to know they have not given up or abandoned their child by choosing a long-term placement. There comes a point in every parent-child relationship when the child must move on – almost all other children in the family will do this in their twenties. The move will probably be good for both parents and child. Many twenty-somethings value their independence even if they are disabled.
- The staff at these facilities is well trained and experienced. Some facilities offer 24-hour nursing, which can be helpful for residents with multiple medical needs.

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# Independent Living Centers

*By Stephanie Brooks, Central Office*

Throughout Missouri there are 21 independent living centers overseen by the Missouri Statewide Independent Living Council (SILC). These centers are funded through the Department of Vocational Rehabilitation, and their object is to promote independent living for people with disabilities.

## Each center offers four core services

- **Advocacy training** – increases awareness of the rights of people with disabilities in relation to education, employment and accessibility issues. Some centers offer IEP advocacy training for parents.
- **Information and referral** – researches disability questions and provides referrals to community resources that can assist your family. Some centers have a resource library of books and videos.
- **Skills training** – for the individual with disabilities.
- **Support groups** – connects you to other individuals with similar experiences so you can provide one-on-one support for each other.

To locate an independent living center near you, visit their Web site at <http://www.mosilc.org>, call the main office at (573) 526-7039 (or toll free at (877) 222-8963) or ask at your child's school for the closest center's contact information. The main centers are located in **Cape Girardeau, Columbia, Crystal City, Farmington, Gallatin, Hannibal, Jefferson City, Joplin, Kansas City, Kennett, Kirksville, Nevada, Poplar Bluff, Rolla, Springfield, St. Charles, St. Joseph, St. Louis, Viburnum, Warrensburg** and **West Plains**. Other communities have satellite offices.

## Some centers offer one or more of the following services

- **Home modification** – can be as simple as an assessment of the home with recommendations for a rearrangement of furniture to make maneuvering easier for someone with a disability. A number of centers offer assistance with installing grab bars and other minor modifications. Some offer a ramp service in which a ramp is installed at the home.
- **Equipment through the Equipment Technology Consortium (ETC)** – one of the services offered by the Missouri Assistive Technology Program. Types of available equipment include switches and mounts, communication devices, environmental control units and computer peripherals (mouse, keyboard, computer screen alternatives). These items are available for short-term loan so your family can try out the equipment before purchase or cover needed equipment between repairs.
- **Recycled durable medical equipment** – it might be possible to borrow a wheelchair for up to 60 days while waiting for repair or a new wheelchair.
- **Benefits specialist** – can answer questions on Social Security benefits for anyone with disabilities.
- **Transportation** – covers doctor visits, grocery shopping, etc., for a fee.

# Therapeutic Horseback Riding

Compiled from information provided by Linda May, Trails West State School; and Tracy Allen, Robin Gruber, Sandra Huangal, Sara Lewis, Teresa Nutting and Nancy Simpson, Home School Coordinators



A number of students in State Schools are enrolled by their parents in one of the many Missouri therapeutic riding programs. Some of the benefits reported by our parents are greater flexibility and the ability to maintain eye contact for longer periods of time, due to focusing on the horse and its movements. Horses used for this work tend to be older and calm, and plenty of volunteers ensure there are sufficient adults with each rider.

**Therapeutic horseback riding** assumes that the rider can maintain balance in the saddle. To some extent the rider has an active role and controls the movements of the horse, which is a refreshing change for many of our students. An instructor typically leads the horse with walkers accompanying on both sides of the rider. As the horse moves, the rider continually uses deep muscles to maintain his or her balance. The rider experiences a unique perspective being higher in the air than everyone else – this can be empowering for children who use wheelchairs and spend their lives looking up at other people. Many children view riding as entertainment and are more willing to spend time doing this compared to conventional therapy sessions.

Surveys of riders show improvement in self confidence, balance and posture, flexibility, stamina or endurance, concentration and coordination, patience, social interaction, and the ability to follow directions.

**Hippotherapy** involves using the movement of the horse in addition to therapies taught by a physical or occupational therapist or a speech language pathologist. The rider is generally not in control of the horse during these sessions and is positioned on the horse by the therapist. The rider sits forward or backward, lies across the horse's back facing up or down, or balances on all fours on the horse's back. The therapist might sit behind the rider on the horse. While the instructor maintains control of the horse, the therapist continually monitors the physical responses of the rider to the horse's movements. Goals of hippotherapy include improved balance, posture and mobility.

## What can I do to enroll my child in therapeutic horseback riding?

- Complete all required paperwork.
- Sign a liability release form.
- Your child will need to wear a helmet (provided by the center), long pants and sturdy shoes/boots.
- Sessions last between 45 minutes to one hour. Each center offers sessions of varying lengths from four to 10 weeks. Many Missouri centers are closed from December to March.
- Parent participation is often welcome.
- Scholarships are available at many locations.

(All of the centers mentioned below and on the following page are accredited by the North American Riding for the Handicapped Association (NARHA), P.O. Box 33150, Denver, CO 80233. Call toll free (800) 369-7433, or visit <http://www.narha.org>. Additional information on hippotherapy can be obtained from the American Hippotherapy Association, 136 Bush Road, Damascus, PA 18415. Call toll free (888) 851-4592, or visit their Web site at <http://www.americanhippotherapyassociation.org>.)

Center	Address	Contact/Info
Horses of Hope – Missouri, Inc.	55 Kelly Road, Buffalo, MO 65622	(417) 345-5210
Cedar Creek Therapeutic Riding Center*	4895 E. Highway 163, Columbia, MO 65201	(573) 875-8556 <a href="http://www.cedarcreek.missouri.org">http://www.cedarcreek.missouri.org</a>
Magic Moments Riding Therapy*	272 County Lane 125, Diamond, MO 64840	(417) 325-4490 <a href="http://www.ridingtherapy.com">http://www.ridingtherapy.com</a>
Helping Hands Therapeutic Riding Center	30509 Colbern Road, Grain Valley, MO 64029	(816) 774-2333 <a href="http://www.hhtrc.org">http://www.hhtrc.org</a>



Center	Address	Contact/Info
Northland Therapeutic Riding Center	P.O. Box 1267, Kearney, MO 64060	(816) 472-1855 <a href="http://www.northlandtrc.org">http://www.northlandtrc.org</a>
Ride On St. Louis Equine Assisted Therapy	P.O. Box 94, Kimmswick, MO 63053	(636) 464-3408
Dream Catchers Equine Assisted Programs	P.O. Box 134, Kearney, MO 64060 Location Address: Walkin'T Ranch 33176 W. 168th S, Lawson, MO	(816) 320-2433
Mississippi Valley Therapeutic Horsemanship	2128 William #129, Cape Girardeau, MO 63703 Location Address: 192 Hope Hill, Oak Ridge, MO	(573) 275-3040
Memory Makers Therapeutic Riding Center	821 U.S. Highway 65, Walnut Shade, MO 65771 Location Address: 10175 W. Farm Road 156 Republic, MO	(417) 561-4796 <a href="http://www.memory-makers.org">http://www.memory-makers.org</a>
Therapeutic Riding of the Ozarks*	P.O. Box 3947, 627 N. Glenstone Springfield, MO 65808-3947 Location Address: Darr Agricultural Center 2401 S. Kansas Expressway, Springfield, MO	(417) 862-3586 <a href="http://www.ccozarks.org">http://www.ccozarks.org</a>
Equine Assisted Therapy, Inc.	644 Old Smizer Mill Road, Fenton, MO 63026 Location Address: 700 Lewis Road, St. Louis, MO	(314) 221-3642 <a href="http://www.equine-assistedtherapy.org">http://www.equine-assistedtherapy.org</a>
Exceptional Equestrians of the Meramec Valley*	P.O. Box 1384, Washington, MO 63090 Location Address: 5667 Country Club Road Washington, MO	(636) 390-2141
Therapeutic Horsemanship*	332 Stable Lane, Wentzville, MO 63385	(636) 332-4940 <a href="http://www.thstl.org">http://www.thstl.org</a>
Helping Hands Equine Program, Inc.	911 Creamery Road, West Plains, MO 65775	(417) 256-5174
<b>*Denotes center holding current NARHA Premier Accreditation.</b>		

## Show-Me Loans

This program provides low-interest loans to eligible Missourians with disabilities and their family members. The loans must be used for assistive technology, which helps an individual with a disability become more independent. A family member of someone with a disability can complete the application. There is no limit on the family's income, but families with higher incomes will pay a higher interest rate than a lower income family. Loans are available for equipment purchases, home modifications and vehicle modifications.

**Equipment purchases** include wheelchairs, hearing aids, computers, augmentative communication devices, electronic print-enlarging devices and other equipment for people with disabilities. Loans may also be used for the cost of assistive technology services, such as evaluations or trainings on how to use a device.

**Home modifications** are wheelchair ramps, stairway lifts,

widening doorways and bathroom modifications. Loans toward the purchase of a home are not available.

**Vehicle modifications** include wheelchair lifts and ramps. Loans for the purchase of a vehicle cannot be made.

Loans may be obtained from \$500 up to \$10,000. For most borrowers, the interest rate is from 2 percent to 4 percent. The maximum loan term is generally 60 months or less. Loan applications take about 17 days to process.

The program may also be able to provide the name of someone from a local organization who can help with device selection and completion of forms.

For more information, contact Missouri Assistive Technology, 4731 South Cochise, Suite 114, Independence, MO 64055-6975. Call (816) 373-5193, toll-free at (800) 647-8557 or (800) 373-9315 (TTY). Their Web site is <http://www.at.mo.gov>.

# Obtaining Eye Exams and Glasses for Your Child

*Compiled from information provided by Tracy Allen, Susan Cato, Alesia Cozart, Sandra Huangal, Sara Lewis and Teresa Nutting, Home School Coordinators*

If the school nurse assesses that your child needs an eye examination, here are some resources if you do not have vision insurance or the ability to pay for exams and glasses:

## Children eligible for Medicaid

- Children less than 18 years old can obtain an eye exam every year and glasses every two years.
- If a child's vision changes significantly within one year, the doctor's office can file a medical necessity form with Medicaid in the off year to obtain new lenses only.
- Once a child turns 18, Medicaid will continue to pay for exams but not glasses.
- As with all other medical services, the eye doctor must accept Medicaid.
- Parents can obtain a list of optometrists and ophthalmologists who accept Medicaid insurance by contacting Missouri Medicaid at (800) 392-2161 or at the Web site <http://www.dss.missouri.gov/dms>. (Choose recipients, then Medicaid provider search, then enter the county and type of provider under method #2.)



## National Organizations providing low-cost or free exams and glasses to low-income families

- **Give the Gift of Sight** – offered by LensCrafters. Families should ask for the Gift of Sight captain at their local store.
- **Sight for Students** – a Vision Service Plan (VSP) providing exams and glasses to children 18 years and younger. Call (888) 290-4964 or visit <http://www.sightforstudents.org>.

- **Vision USA** – coordinated by the American Optometric Association. The program provides free eye care and access to free or low-cost glasses to eligible uninsured, low-income families with at least one working member. Call (800) 766-4466 or visit <http://www.aoa.org/x1061.xml>. Families are screened in January each year, with services provided in March. Family members can receive an exam every two years.
- **EyeCare America** – operated by the American Academy of Ophthalmology. Parents can call (877) 887-6327 for a child's eye care screening to see if their child qualifies to be examined by a volunteer ophthalmologist.

This organization also provides free educational materials.

## Hospitals/Health Departments

- Contact social workers at hospitals where eye surgeries take place to determine if assistance is offered to families.
- Visit the local health department for a referral to local resources.
- Contact schools of optometry that may have programs where students perform eye exams under supervision.

## Charities

Call local charities to ask if they could help with funding. The Lions Club provides assistance with vision care and should be contacted through the local chapter. (The Knights Templar program mainly focuses on providing eye surgeries, not exams and glasses.)

## Opticians

Some national chains offer zero interest payment plans. Independent eye doctors may offer low-cost lenses and frames or short-term payment plans.

# Potential Flu Pandemic

*By Claudia Rampley, Central Office*

## What is a pandemic?

A pandemic is an outbreak of disease on multiple continents at the same time. It is usually caused by a new virus to which people are not immune and for which there is no vaccine.

A pandemic could be so prolonged and widespread that it might require temporary changes in many areas of society, such as schools, work, transportation and other public services.

Recent fears of a pandemic have arisen from the spread of avian (bird) flu, a virus that health officials fear could mutate into a form that would pass between humans.

No one can predict when a pandemic might occur, but with the help from influenza specialists in the United States and elsewhere, the World Health Organization is closely monitoring flu infections around the world. This organization would announce the emergence of any potential pandemic strain.

## Steps to decrease your family's risk during a flu pandemic

### 1 Recognize Flu Symptoms

- fever
- body aches
- tiredness
- sore throat
- headache
- chills
- dry cough
- nasal congestion

### 2 Practice good health habits

- Eat a balanced diet, exercise daily and get sufficient rest.
- Wash hands frequently with soap and water. Use hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose and mouth since flu virus on your hands could enter your body at these areas.
- Get a yearly flu vaccination.

### 3 Build your own flu care kit

Keep supplies on hand to care for yourself or family members who get the flu. During a pandemic, it would be important for ➡

you to have extra supplies in case you are unable to get to the store or stores run out of supplies. A kit might include:

- pain and fever reducer
- cough medicine
- decongestant
- thermometer
- tea and juice
- chicken soup
- throat lozenges (adults and older children only)
- tissues
- non-perishable foods.

#### 4 Take precautions for yourself and your family

- Minimize contact with other people, especially in public places.
- Wash and dry your hands after you cough, sneeze, wipe or blow your nose (or your child's nose), use the bathroom, or use the toilet. Also wash and dry your hands before you prepare food, eat meals or care for anyone who is ill.

#### If you or a family member has the flu during a pandemic

- Stay home if you are sick and avoid visitors. Avoid public places and close contact with other people.
- Cover coughs and sneezes with tissues. If a tissue is not available, cough or sneeze into your upper shirtsleeve. The flu

virus is sprayed into the air if coughs and sneezes are not covered.

- Call your healthcare provider for instructions unless it is an emergency. This avoids exposing those in the waiting room to the flu virus. Antiviral medications are available, which may lessen the effects of the virus if taken within 48 hours of the symptoms.
- Use Tylenol for fever. Do not give aspirin to children younger than 12 years of age.
- Prevent dehydration by drinking plenty of fluids.

If you are informed and prepared, you can take the appropriate actions to decrease your family's risks during a flu pandemic.

#### Stay informed about pandemic flu and be prepared to respond

- Consult <http://www.pandemicflu.gov> frequently for updates on national and international information.
- Contact national and local pandemic hotlines that would be established in the event of a global flu outbreak.
- Listen to the radio, watch television and read the newspaper for additional information and advice.

## Family Partnership Program

The Family Partnership is part of the Special Health Care Needs (SHCN) program under the Missouri Department of Health and Senior Services (DHSS). It was formed to assist individuals with special needs and their families in building relationships with others in similar situations and obtaining useful resource information.

The goals of Family Partnership are to:

- offer families the chance to share support and information.
- give opportunities to provide input to SHCN.
- build community awareness of the unique needs of children with disabilities.
- promote state legislation for programs for children with special health care needs and their families.

#### Activities of Family Partnership

- **Annual retreat** – for parents and caregivers to take a break. They receive hotel accommodations, meals and valuable

information at little or no charge.

- **Regional Family Partnership meetings**
- **Newsletters** – mailed to all families currently receiving services through DHSS (also available on their Web site).
- **Free electronic mailing list** – for sharing ideas and getting help from each other. Those interested can subscribe by sending an e-mail to [MO-FP-subscribe@yahoogroups.com](mailto:MO-FP-subscribe@yahoogroups.com).

#### Members/staff

Family Partnership members include parents, family members and legal guardians of individuals with special needs. The partnership also has three professional Family Partners who are parents of special needs individuals served by SHCN. In addition to providing information and resources to local members, they serve as the partnership's contact person for their designated area. They plan, schedule and facilitate the Family Partnership meetings.

Partner	Area	Contact	
Carla Sandwell	Springfield and Cape Girardeau	(417) 886-8212 <a href="mailto:fvmo@mchsi.com">fvmo@mchsi.com</a>	<i>The Family Partners can also be contacted toll-free at (866) 809-2400, Ext. 308. The main office of Family Partnership is located at the Miller County Health Center, P.O. Box 2, Tuscumbia, MO 65082. Visit <a href="http://www.dhss.mo.gov/FamilyPartnership">http://www.dhss.mo.gov/FamilyPartnership</a>.</i>
Tracy Simmons	Kansas City Metro	(816) 537-8103 <a href="mailto:Tsimmons8103@aol.com">Tsimmons8103@aol.com</a>	
Bev Woodhurst	Columbia and St. Louis	(573) 565-2030 <a href="mailto:schnfamilypartner@yahoo.com">schnfamilypartner@yahoo.com</a>	

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## PARENT RESOURCES

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### MPACT Training for Parents

**Brookfield YMCA, 1140 W. Helm, Brookfield, Mo.**

- March 4 – *Transition to Empowered Lifestyles*  
10 a.m. to 4 p.m.

**Public Library, 707 W. 13th St., Caruthersville, Mo.**

- March 7 – *IDEA Boot Camp (special education law, understanding the IEP process and disagreement resolution processes)*  
9 a.m. to 3 p.m.
- March 14 – *Positive Behavior Interventions*  
9 a.m. to noon

**St. Francois County Board for Developmental Disabilities, 2068 N. Washington St., Farmington, Mo.**

- March 28 – *IDEA Boot Camp (special education law, understanding the IEP process and disagreement resolution processes)*  
9 a.m. to 3 p.m.

**Central Missouri Regional Center**

**1716 Four Seasons Drive, Jefferson City, Mo.**

- March 30 – *Positive Behavior Interventions*  
9 a.m. to noon

**Bollinger County Library, 302 Conrad Ave., Marble Hill, Mo.**

- April 4 – *IDEA Boot Camp (special education law, understanding the IEP process and disagreement resolution processes)*  
9 a.m. to 3 p.m.
- April 18 – *Positive Behavior Interventions*  
9 a.m. to noon

**Washington County Library, 235 E. High St., Potosi, Mo.**

- March 21 – *Art of Effective Advocacy*  
9 a.m. to noon

**St. Louis Special School District, 12110 Clayton Road, St. Louis, Mo.**

- March 6 – *Positive Behavior Interventions*
- March 10 – *Transition to Empowered Lifestyles (9 a.m. to 4 p.m.)*
- April 3 – *Special Education Law*
- April 10 – *Understanding the IEP Process*
- April 17 – *Disagreement Resolution Process*  
All workshops are 9:00 a.m. to noon or 6:00 p.m. to 9:00 p.m. (unless otherwise noted)

(For more details, call (800) 743-7634 or visit their Web site at <http://www.ptimpact.com> and select training.)

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### Other Trainings

**March 11 – Family Matters**

**Down Syndrome Association of Greater Saint Louis  
Clayton High School, 1 Mark Twain Circle,  
Clayton, Mo.**

This workshop is for parents, caregivers, relatives and professionals. The sessions cover many topics that affect children and adults with Down syndrome. This year's focus is on siblings of people with Down syndrome. There will be separate activities for anyone 12 years or older who has Down syndrome.

Registration fees for parents and family members begin at \$40 (family packages are available). The registration fees for teens or adults with Down syndrome begin at \$35. Early registration ends March 4. Late registration costs slightly more.

For information, call (314) 961-2504 or visit <http://www.stlouisdsa.org>.

**April 10-11 – Power-Up 2006**

**Missouri Assistive Technology Advisory Council  
Holiday Inn Select, Columbia, Mo.**

Power Up features a variety of sessions that provide current information on transition issues, assistive technology services and devices, literacy, and information technology. The conference fee is \$125. Registration is due by March 24.

For more details, call Brenda at (800) 647-8557 or (800) 647-8558 (TTY, within Missouri), or visit <http://www.at.mo.gov/Powerup2006/powerup.shtm>.

**May 18-20 – National Autism Symposium**

**Missouri Department of Mental Health  
Tan-Tar-A Resort, Lake of the Ozarks, Mo.**

This workshop is helpful for parents as well as professionals in the field. The fee for the full conference is \$100; the daily fee is \$50. Registration is due May 1. For more information, call (573) 751-4054, or visit <http://www.dmh.mo.gov/ada/news.htm>.

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### STATE SCHOOLS FOR SEVERELY HANDICAPPED Missouri Department of Elementary and Secondary Education

Web site: [dese.mo.gov/divspced/stateschools/](http://dese.mo.gov/divspced/stateschools/)

**NOTE:** If you have items of interest for the *Parent Focus*, please call 573-751-0706 (Missouri Relay 800-735-2966) or forward them to: Stephanie Brooks, State Schools for Severely Handicapped, P.O. Box 480, Jefferson City, Missouri 65102-0480. E-mail: [Stephanie.Brooks@dese.mo.gov](mailto:Stephanie.Brooks@dese.mo.gov)